

Quit Tobacco Today!

*Call the Montana Tobacco
Quit Line at*

1-800-QUIT-NOW.

Get **FREE** help quitting tobacco today.

- Culturally appropriate services for American Indians, including an understanding of traditional tobacco use.
- A **FREE** telephone service for all Montanans
- A **FREE** personalized quit plan
- **FREE** quit coaching
- **FREE** nicotine replacement therapy (available for qualified individuals over 18 who are enrolled in the program, not available during pregnancy)

MONTANA TOBACCO

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Effects of **SECONDHAND SMOKE**

Being around secondhand smoke is harmful. It affects children, adults and a mother's unborn child.

- Pregnant mothers who breathe in secondhand smoke are *more likely* to give birth to a low-birth-weight baby.
- Children who breathe in secondhand smoke are more likely to suffer from *bronchitis, severe asthma, ear infections, pneumonia and slow lung growth.*
- An infant exposed to secondhand smoke is more likely to *die of sudden infant death syndrome (SIDS).*

It's
NEVER TOO LATE
to QUIT smoking
for you and your baby.

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The
POWER TO QUIT
is INSIDE you



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Smoking and **YOUR PREGNANCY**

Smoking is very harmful to all women, but especially women who are pregnant. Smoking causes lung cancer, breast cancer, other cancers and emphysema. Pregnant women who smoke are more likely to have:

- *miscarriages*
- *stillbirths*
- *premature babies*
- *babies with slow physical growth and mental development*
- *low-birth-weight babies*

Smoking and **MOTHERHOOD**

Create a healthier home for you and your baby. If you quit smoking, you and your baby can enjoy these benefits:

- *healthier breast milk*
- *less chance of your child having allergies*
- *fewer coughs and colds for you and your baby*
- *less risk of Sudden Infant Death Syndrome (SIDS)*
- *less risk of your child having acute respiratory infections, ear problems and more severe asthma*
- *a better chance of enjoying a long and healthy life together*



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www.TobaccoFree.mt.gov

Montana Tobacco Use Prevention Program
Department of Public Health & Human Services

All pregnancies should start with prenatal health care.